Level 4 CrossFit Seattle

LEVEL 1

A	WHITE Level 1 well rounded beginner	B	WHITE Level 1 well rounded beginner	C	WHITE Level 1 well rounded beginner
hips	***squats:*** 50 air squats ***barbell back squat:*** 8 × .3 bodyweight ***deadlift:*** 8 × .5 bodyweight, rack pull OK	**hips**	***squats:*** 75 air squats ***barbell back squat:*** 8 × .4 bodyweight ***deadlift:*** 8 × .65 bodyweight, rack pull OK	**hips**	***squats:*** 75 air squats below parallel ***barbell back squat:*** 8 × .5 bodyweight ***deadlift:*** 8 × .75 bodyweight, full depth
push	***push ups:*** 8 ***ring push-ups:*** 3 ***dip support:*** :30 second hold ***military press:*** 3 × .3 bodyweight ***pike wall handstand:*** 4 × :15 holds complete all 4 holds within 1:30	**push**	***push-ups:*** 12 ***ring push-ups:*** 5 ***dip support:*** :45 hold ***military press:*** 3 + .4 bodyweight ***wall handstand:*** :30 hold ***wall walk:*** 1 trip	**push**	***push ups:*** 15 ***ring push-ups:*** 8 ***dip support:*** 1:00 hold ***dips:*** 3 ***military press:*** 3 × .45 bodyweight ***wall handstand:*** :45 hold ***wall walk:*** 2 trips
pull	***assisted pull-up:*** 3 ***active bar hang:*** :45 hold ***ring row:*** 8 @ 30° ***ring row:*** 3 @ horizontal ***active rope hang:*** :30 hold ***bent over row:*** 5 × .3 bodyweight	**pull**	***assisted pull-ups:*** 5 ***active bar hang:*** 1:00 hold ***ring rows:*** 5 @ horizontal ***active rope hang:*** :45 hold ***bent over row:*** 5 × .4 bodyweight	**pull**	***pull-ups:*** 3 ***active bar hang:*** 1:30 hold ***ring rows:*** 8 @ horizontal ***active rope hang:*** 1:00 hold ***bent over row:*** 5 × .5 bodyweight
core	***sit ups:*** 30 ***ring plank:*** :30 hold ***tuck L-sit:*** :15 hold	**core**	***seated knees to chest:*** 30 ***ring plank:*** :45 hold ***tuck L-sit:*** :30 hold	**core**	***seated V-ups:*** 8 ***hanging knees to elbows:*** 3 ***L-sit:*** :15 hold ***ring plank:*** 1:00 hold
work	***kettlebell swings:*** 25 women 12Kg, men 16Kg ***500 meter row:*** women 2:20 men 1:55 ***2 mile run:*** 18:40	**work**	***1 kettlebell clean:*** 15/arm women 12Kg, men 16Kg ***1000 meter row:*** women 4:50 men 4:00 ***2.5 mile run:*** 23:20	**work**	***2 dumbbell thruster:*** 20 women 2×15 lb, men 2×25 lb ***1 kettlebell clean & jerk:*** 15/arm women 12Kg, men 16Kg ***2000 meter row:*** women 9:50 men 8:10 ***5 Km run:*** 29:00
speed	***400 meter run:*** 2:04 minutes	**speed**	***800 meter run:*** 4:20 minutes	**speed**	***1 mile run:*** 9 minutes ***dumbbell power snatch:*** 10/arm women 30 lbs / men 40 lbs

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